

# *White: Mushrooms*

There are over two thousand types of mushrooms, but only 2 ½ - 5 % are edible. Mushrooms are again unique in that they contain Vitamin B12, something that vegetables can't produce at all. Vegetarians who don't eat meat products may find this a useful way of getting this nutrient.



## *Beef Stroganoff*

### Ingredients:

1 pound round steak, cut into bite size pieces  
½ - 1 pound fresh mushrooms, sliced  
1 can cream of mushroom soup (+ 1 can of water)  
1 teaspoon dried parsley  
1 teaspoon dried basil  
Flour  
Butter or margarine  
Salt and pepper to taste

1. In a skillet cook sliced mushrooms with 1-2 tablespoons or butter until browned (butter amount depends on how many mushrooms you use). Set mushrooms aside in the fridge for later.
2. Cut steak into bite size pieces. Dredge (coat) with flour, and cook in the same skillet with the leftover butter and mushroom juice. Cook meat until browned.
3. Add the can of cream of mushroom soup, one can of water, parsley, basil, salt and pepper to the cooked beef. Cover and let simmer for 1-2 hours. The longer it simmers the more tender the meat will be.
4. After the meat mixture has simmered, add the cooked mushrooms and ½ -1 cup of sour cream. Heat through, but do not let the mixture boil at this point.
5. Serve over cooked rice or egg noodles. Makes about 6-8 servings.

½ cup of sauce provides ½ serving of vegetables